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(54) Title: IMPROVED BULKING AGENT COMPOSITIONS

(57) **Abstract:** The present invention provides an ingestible composition comprising a fibre or saccharide bulking agent, an ingestible silica, and an ingestible surfactant. The provision of the silica and the surfactant provides a synergistic benefit in the dispersal of the bulking agent in water thus making it easier and/or quicker to obtain an imbibable liquid. The bulking agent may be ispaghula, a natural material of benefit in promoting good bowel function.

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